

Case Number:	CM14-0072141		
Date Assigned:	07/16/2014	Date of Injury:	07/09/2012
Decision Date:	11/12/2014	UR Denial Date:	04/29/2014
Priority:	Standard	Application Received:	05/19/2014

HOW THE IMR FINAL DETERMINATION WAS MADE

MAXIMUS Federal Services sent the complete case file to an expert reviewer. He/she has no affiliation with the employer, employee, providers or the claims administrator. The expert reviewer is Board Certified in Family Medicine and is licensed to practice in California. He/she has been in active clinical practice for more than five years and is currently working at least 24 hours a week in active practice. The expert reviewer was selected based on his/her clinical experience, education, background, and expertise in the same or similar specialties that evaluate and/or treat the medical condition and disputed items/services. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

CLINICAL CASE SUMMARY

The expert reviewer developed the following clinical case summary based on a review of the case file, including all medical records:

This injured worker date of injury is 07/09/2012. This patient receives treatment for chronic lumbago and lumbar disc disease. The initial low back injury occurred at work while bending over and cleaning wax out of a machine. He received 24 sessions of physical therapy. The treating physician submitted a PR-2 note dated 03/18/2014; however, the legibility is poor. There is low back pain with radiation to the LE (lower extremity) with exertion. This review covers two compounded topical analgesic products.

IMR ISSUES, DECISIONS AND RATIONALES

The Final Determination was based on decisions for the disputed items/services set forth below:

Cyclobenzaprine 2%, Flurbiprofen 20% 240 gm: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical analgesics Page(s): 111-113.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical analgesics Page(s): 111-113.

Decision rationale: This patient receives treatment for chronic low back pain. Topical analgesics are considered experimental for the treatment of chronic lumbago, because there is little or no evidence from prospective controlled clinical trials that should any benefit to their use over time. In addition, with any compounded product, if that product contained at least one drug

or drug class that is not recommended, then that compounded product is not recommended. Cyclobenzaprine when taken orally can be beneficial for the short term management of muscle spasm. There is no evidence of its efficacy when applied topically. Flurbiprofen is a non-steroidal anti-inflammatory drug (NSAID). Current treatment guidelines do not recommend any topical NSAIDS for the treatment of low back pain. This compounded product is not medically indicated.

Capsaicin 0.025%, Flurbiprofen 15%, Tramadol 15%, Menthol 2%, Camphor 2% 240gm:
Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical analgesics Page(s): 111-113.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical analgesics Page(s): 111-113.

Decision rationale: This patient receives treatment for chronic low back pain. Topical analgesics are considered experimental for the treatment of chronic lumbago, because there is little or no evidence from prospective controlled clinical trials that should any benefit to their use over time. In addition, with any compounded product, if that product contained at least one drug or drug class that is not recommended, then that compounded product is not recommended. Cyclobenzaprine when taken orally can be beneficial for the short term management of muscle spasm. There is no evidence of its efficacy when applied topically. Flurbiprofen is an NSAID. Current treatment guidelines do not recommend any topical NSAIDS for the treatment of low back pain. This compounded product is not medically indicated.